

Fruit Salad

Makes: 8 Servings

Ingredients

1 apple
1 orange
1 banana
1/4 pound grapes, seedless
10 ounces Pineapple, chunks, canned
1/2 cup yogurt, low-fat

Directions

1. Wash fresh fruits.
2. Peel and slice bananas and place in a serving bowl.
A child can do this with a butter knife.
3. Peel and chop oranges and place in the serving bowl.
4. Core and chop apples and place in the serving bowl.
5. Cut grapes in half and place in the serving bowl.
6. Drain the pineapple in a strainer (reserve juice), and place in the serving bowl.
7. Pour reserved pineapple juice on apples and bananas to prevent browning.
8. Place yogurt in a separate serving bowl.
9. Each person should then create a salad by selecting and spooning the fruits they desire to eat into a salad bowl.
10. Top the fruit salad with yogurt as a salad dressing, if desired.
11. Enjoy!

Notes

Serving Size: 1/2 cup